

Lactation and Contraception

Satellite Conference

Wednesday, October 6, 2004

2:00-4:00 p.m. (Central Time)

3:00-5:00 p.m. (Eastern Time) • 1:00-3:00 p.m. (Mountain Time) • 12:00-2:00 p.m. (Pacific Time)

The American Academy of Pediatrics (AAP) has recommended that all infants receive breastmilk exclusively for up to age 6 months and to continue breastfeeding for a minimum of 12 months. How can Reproductive Health Care professionals encourage breastfeeding while effectively meeting the contraceptive needs of their clients? In order to achieve this goal, they will need to not only understand the scientific rationale for the AAP's recommendations regarding breastfeeding, but they will also need to possess and apply an accurate knowledge of contraceptives when assisting lactating mothers in choosing a regimen that will not diminish milk supply. Reproductive Health Care professionals also need to recognize their own biases that may discourage breastfeeding and how to use effective counseling techniques to prolong the duration of breastfeeding.

Faculty:

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Objectives:

1. Identify scientific rationale for AAP's recommendation that all infants receive breastmilk, only, up to age six months, and continue breastfeeding for a minimum of 12 months.
2. Recognize how negative biases held by a healthcare provider can discourage breastfeeding.
3. Use effective counseling or communication techniques to prolong duration of breastfeeding.
4. Apply accurate knowledge of contraceptives when assisting lactating mothers to choose a regimen that will not diminish milk supply and will facilitate exclusive breastfeeding for six months.

Conference Details:

Target Audience: Nurses, Registered Dietitians, Social Workers

Registration: www.adph.org/alphtn

Cost: No cost to view

Satellite Coordinates: C & Ku Band

Conference Materials: Posted on website approximately one week before the program

CEUs: Nurses (2.1 hours), Registered Dietitians, (pending) Social Workers (1 2/3 hours)

Questions: alphtn@adph.state.al.us or 334-206-5618

ISSUES OR QUESTIONS YOU WANT ADDRESSED DURING THIS CONFERENCE?

Email (alphtn@adph.state.al.us) or fax (334-206-5640) the conference faculty.
They will respond during the program.

Future Programs: For a complete schedule of programs, visit www.adph.org/alphtn

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